

**IS YOUR CHILD/TEEN:**

- Between the ages of 5-17?
- Exhibiting some behavioral or emotional problems?
- Exhibiting difficulties with social skills?

**HAVE YOU EVER:**

- Been frustrated when trying to communicate with your child?
- Wanted better ways to help your child cooperate?
- Felt that you and your child argue too much?
- Used physical or verbal force to discipline your child?
- Worried about your child's or your own safety?

**AF-CBT Family Therapy**

**Can Help Your Family!**

**FOR MORE  
INFORMATION:**

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**DENVER INDIAN HEALTH  
AND  
FAMILY SERVICES, INC.**



**FAMILY THERAPY  
FOR  
AMERICAN INDIAN /  
ALASKA NATIVE  
FAMILIES**



## WHAT IS AF-CBT?

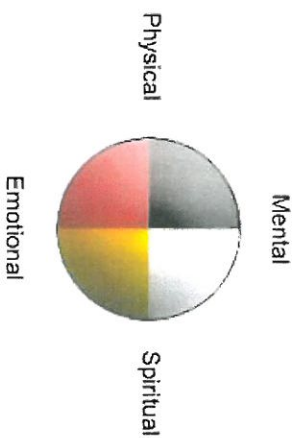
Alternatives for Families - A Cognitive Behavioral Therapy is a program designed for families with concerns about frequent conflict and anger.

### Goals:

- To enhance child/family safety
- To help families better adapt to and cope with difficult life circumstances
- Improve parent-child relationships



## WHAT WILL FAMILIES LEARN?



- Emotion regulation
- Behavior management
- Problem-solving skills
- Personal and family safety Plans
- Alternatives to physical discipline
- Family communication
- Praise and positive attention
- How to get along better with Others



## HOW DO FAMILIES BENEFIT?

- Learning how to react to and discuss stressful situations
- Improving family relationships
- Strengthening positive and healthy parenting practices
- Enhancing children's coping with trauma
- Fewer behavioral problems and greater social skills in children

### WHAT TO EXPECT?

- Participate in short-term individual and parent-child sessions
- Counselors who are respectful of families' values and backgrounds
- Scheduling and location of treatment are flexible
- Treatment involves learning and practicing new skills